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Charles Wong, BMgt 2007

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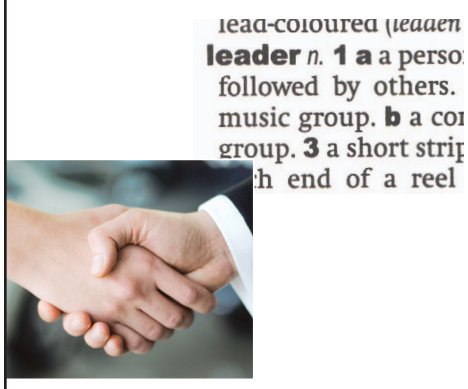

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Man arrested in relation to missing teen

CHARGES A 56-year-old man was arrested in connection with the disappearance of a 16-year-old girl from Penhold and is facing charges of kidnapping and sexual assault, which are expected to be officialized today.

The 16-year-old disappeared around 9:30 p.m. Thursday after making a trip to a convenience store. Her parents found her truck parked outside the home a short time later with the headlights on and her things still inside the vehicle.

The girl, whose name cannot be printed as she may be a victim of crime, called her parents from Bower Place Shopping Centre in Red Deer on Saturday evening saying she had been able to escape.

METRO CALGARY

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Canada

Cities are seeing a decrease when it comes to their recycling programs, pg 3

• Comment

Anne Hines offers a lesson in recession etiquette, pg 4

• Tomorrow

Health – Inexpensive fitness options that won't make you break an economic sweat, and Josey Vogels tells you what the economic slump means for online dating.

Going Green pg 5

The impact of road salt

NHL

Flames lose high-scoring affair

TODD KOROL/REUTERS

Calgary Flames forward David Van der Gulik, right, tries to get a shot past Tampa Bay Lightning's Steve Eminger during the second period of their game in Calgary last night. The Lightning beat the Flames 8-6. Story, pg 7.

Army recruitment up

Applications jump 20 per cent in poor economic times

JENNIFER HILLIKER
for Metro Calgary

The Canadian Armed Forces are benefiting from Calgarians hit by the down economy.

After seeing about a 20 per cent influx in applications, representatives from the army and navy held an open house this weekend at the Mewata Armoury, drawing crowds that they hope to recruit this year.

"We saw about 30 to 40 more applications in January compared with the same month last year," Capt. Steve Charest said.

"Calgary is certainly not exempt from the economy, so people can look at what we have to offer. They will join the army to complement their current job or have a career change altogether. We have come to a stage in time where the government has mandated growth and so we have positions to fill and jobs for everyone."

JENNIFER HILLIKER FOR METRO CALGARY

Jessica Jiang, right, tests out the weight of an army-style gun at the Mewata Armoury open house yesterday.

Charest said the other reason why the open house was held was to make the military presence known in the city.

"Not every Canadian wants to join the military," he said. "But we still want to connect with them. We let them know that we are here, and because we are downtown we are very accessible."

While Jessica Jiang, who is working in Calgary on a work permit, can't join the army just yet due to a lack of Canadian citizenship, she attended the open house to see what the armed forces had to offer.

"I have thought about joining someday," she said. "It's good to see what's here."

Recruiting officer Peter Stocker said the event this weekend was bigger than what they normally put on.

"We have representatives from each unit here today, making up about 20 to 25 military personnel. It's definitely a bit of a push for more recruits," he said. "This is a decent turnout."

The Mewata Armoury was built in 1917 and is home to the King's Own Calgary Regiment and the Calgary Highlanders.

Anti-gang ads aren't effective, expert says

ALICIA FOX
for Metro Calgary

CRIME Transit ads or not, $35,000 is a "drop in the bucket" when it comes to preventing gang violence, says gang expert Michael Chettleburgh.

The author of Young Thugs told Metro yesterday he would much rather see available funds go to reality-based programs, such as hiring an ex-gangster to speak to kids, than police-led gang prevention techniques.

"I want it to be known that the Calgary Police Service is doing a very good job," he said, but added that when judged by their effectiveness, bus ads are more of a feel-good measure.

"It's naive to think that a transit ad is going to be sufficient counter-pressure."

"It's naive to think that a transit ad is going to be sufficient counter-pressure."
Michael Chettleburgh

Police have had their Get a Life campaign ads shelved for nearly a year after being unable to find the $35,000 in their 2009 budget.

Chettleburgh said other influences in a kid's mind, such as money or peer pressure, are going to have a much deeper impact; a kid isn't going to wake up one day deciding to join a gang — it will be evolutionary.

If there's an unlimited budget available, "do your transit ads," he said, but he added that with an exaggerated sense of self, a kid never thinks he'll actually end up in a morgue until he gets shot.

ShareYourViews
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Woman killed by train may have been wearing headphones: RCMP
Early Sunday morning, 21-year-old Meagan Baillie was hit by a train in Canmore and pronounced deceased at the scene. Baillie was hit on the Canmore railroad tracks behind the Fas Gas. RCMP believe she may have had earphones on and did not hear the train coming. METRO CALGARY

Local

Fallen four honoured

Five memorial candles in memory of the four Mayerthorpe Mounties were lit in front of a few thousand fans at Rexall Place in a hockey game held in the officers' honour yesterday in Edmonton. The fifth candle lit during the pre-game ceremony, pictured at left, is in commemoration of the peace officers who have been killed in the line of duty. METRO CALGARY

Cityty
ROGERS

Local man celebrates his 9.25th birthday

JENNIFER HILLIKER
for Metro Calgary

George Read doesn't have a birthday this year, so he celebrated turning nine and one-quarter yesterday.

He was born on Feb 29, 1972, making him a leap-year baby, thus his birthday only comes around once every four years. In the three years in between, he celebrates whenever he wants — this year his family had friends over for dinner on March 1.

"It's great when you're old, but it stinks when you're a kid," Read said, who has actually lived for 37 years.

George Read

"What do you mean, I don't get a birthday?" he recalled thinking. "I did feel left out. Every leap year kid does."

Read said he has missed out on plenty of free birthday meals at Denny's or getting into the zoo for free. It can also be frustrating when companies don't have Feb. 29 in their system — most recently, Telus almost wouldn't hook up his cellphone.

"I said, 'can't you just put in March 1 or Feb. 28 or something?' Finally they figured it out. You do get a few things like that."

Peter Brouwer, founder of the Honour Society of Leap Year Babies, said there are many other Feb. 29 birth date bugs on the Internet. "Many people don't understand leap year — so why should the Internet?" he said.

The elusive birthday also provides insight into his friend's math skills, Read said.

"You would be surprised how many people can't multiply by four anymore," he said. "It really does tap some people's math skills. It's pretty funny."

The reason why we have an extra day every four years is because it takes about 365 days and six hours for the Earth to complete a revolution around the sun. Every four years an extra 24 hours have accumulated, so one day is added to the year.

News in brief

HOMELESSNESS Project Homeless Connect celebrated success on Saturday, when 54 agencies and more than 140 volunteers reached out to homeless and at-risk families. The one-day event at the Petro-Canada Centre provided access to housing, medical treatment and income support for its 775 participants. The next event will be held May 23.

COMEDY Calgarians flocked to the new Yuk Yuk's at the Elbow River Casino this weekend to laugh, drink and gamble away their economic woes. Gemini nominee Nikki Payne played to six audiences for the opening weekend at the 250-seat comedy club. METRO CALGARY

metronews.ca
What's online today.

Watch Environment Canada cautions to not put away the winter clothes just yet at **metronews.ca/canada**

Read Kenya Hunt reports from Milan Fashion Week, where boots are reach for the thigh.

Lotteries

Friday, Feb. 27
Lotto Super 7: 4, 19, 24, 25, 27, 33 & 34 Bonus 32
Saturday, Feb. 28
Lotto 6/49: 2, 8, 26, 46, 48 & 49 Bonus 34
These results are not official.

No recession fears at reno show

ALICIA FOX
for Metro Calgary

Recession fears were checked at the door during the Home and Garden Show this weekend as thousands perused through more than 450 exhibits.

Terri Higgins, show manager, said the show was sold out as usual and crowds — which usually hit 55,000 — didn't diminish this year.

"I think for anyone that has been holding off on renovating their homes, now is the time to do it," said Higgins, adding that it's great to see it so busy.

Stuart Young, owner of The Granite Shop, said this year's show proved profitable for the company.

"In talking to people, you wouldn't think this was a recession," Young said.

However, he noted that only a few people had talked to him about the renovation tax credit.

"It's a great gesture," he said. "But it would be nice if it wasn't capped at $10,000."

He said it would've been more of an incentive should it have been around $50,000 or $60,000.

ROBIN KUNISKI / FOR METRO CALGARY

Don and Denise Herman and their children Sarah, 8, and Michael, 5, check out a kitchen counter that rocks — in more ways than one. This $16,000 guitar-shaped granite countertop was a popular attraction at the Calgary Home and Garden Show at the Roundup Centre.

Rob Comartin, a 39-year-old father of two, was at the show talking to exhibitors about his plans to add 2,600 square feet to his home.

The renovations' total cost will be around $900,000.

"(The tax credit) isn't why we're renovating," he said, adding between the other grants they'll get it adds up to about half a per cent of their expenditures.

Now, Comartin said, is a good time to get something done since companies aren't seeing the boom they did a few years ago.

Bush visit has city activists polarized

KRISTA SYLVESTER
krista.sylvester@metronews.ca

POLITICS A great divide separates the local activist community in the name of former U.S. president George Bush.

One half wants to "throw shoes" and the other half wants to celebrate the fact a former president is no longer in power when the man comes to the city March 17 for a speaking engagement, according to a local group.

"Some of them want to be old-school and the other half wants to join together and be happy and celebratory," campaigner Paul Hughes said. "It's an issue polarizing the activist community in the city."

Political analyst Keith Brownsey said such political unrest among city activists is not uncommon.

"It is very typical to have debates like this anytime you have two different ideals," he said.

But Brownsey also said it's highly unlikely anyone would get close enough to throw a shoe at the former president anyway.

"It will be like, shoes in hand as a symbol, but nothing like that would happen. It's just a symbol," he added.

Reading program pairs kids with dogs
A program unique in Canada is pairing elementary school kids with therapy dogs from St. John's Ambulance and bringing them all together at the Winnipeg Humane Society. It's called See Spot Read. **CBC NEWS ONLINE**

Canada/World

Afghanistan unwinnable: PM

WAR Prime Minister Stephen Harper said yesterday the insurgency in Afghanistan cannot be defeated and Canada would not provide more troops without a clear exit strategy.

Harper said in a CNN interview that Afghanistan needs an indigenous government that can manage the insurgency and is not perceived as foreign-installed.

"We are not going to win this war just by staying," Harper said. "My own judgment is, quite frankly, that we are not going to ever defeat the insurgency."

"We have to have an Afghan government that is capable of managing that insurgency and improving its own governance," he said on the CNN program Fareed Zakaria GPS.

U.S.-led forces toppled the Islamist Taliban government in 2001 for harboring the al-Qaida network responsible for the Sept. 11 attacks against the United States. But a Taliban insurgency has steadily gained ground in the last few years.

Harper said his view of Afghan history was that the country has been in a permanent state of insurgency. **REUTERS**

Canada's mission

- Canada has about 2,700 soldiers based in Kandahar in southern Afghanistan as part of the NATO mission. The Canadian mission is due to end in 2011. More than 100 Canadian soldiers have been killed in the conflict.

Mutineers to be tried

At least 80 dead after uprising in Bangladesh

Special tribunals will try Bangladeshi paramilitary mutineers who killed at least 80 people, mostly army officers, in an uprising last week, government and military officials said yesterday.

More than 70 potential victims are still missing after the mutiny by members of the Bangladesh Rifles (BDR) border guards, which broke out on Wednesday, officials said.

The bodies of officers, and some family members, have been found in mass graves within the BDR compound in Dhaka and in sewers and canals. The mutiny, over pay and command structure, spread to about a dozen smaller towns across Bangladesh.

"We will punish the killers and their mentors after a proper investigation and fair trial."
Prime Minister Sheikh Hasina

Witnesses said about 1,000 BDR troops who had fled their headquarters after the two-day mutiny had returned and were having their identities checked. But thousands remain at large, police said.

Prime Minister Sheikh Hasina told parliament yesterday she had ordered police, the army and the elite Rapid Action Battalion to fan out across the country to capture mutineers, and seize any weapons they had.

Police said they had identified up to 1,000 BDR members as suspects, and some could be charged with murder.

"We will punish the killers and their mentors after a proper investigation and fair trial," Hasina said yesterday. **REUTERS**

News in brief

TASER INQUIRY The RCMP constable who fired a Taser at Robert Dziekanski, who died on the floor of Vancouver's airport in 2007, is set to give his version of events today. Const. Kwesi Millington is scheduled to begin testimony at the inquiry into Dziekanski's death.

IMMIGRATION A scathing Federal Court verdict calls a visa officer in Pakistan close-minded and incompetent for stopping a Toronto women's organization from bringing a widow and her three children here from Kabul.

COURTS Ontario courts have a duty to accommodate religious beliefs, and that means a Toronto woman who wants to testify while wearing a veil must be allowed to do so, the Ontario Human Rights Commission says. **TORSTAR NEWS SERVICE**

City recycling programs feeling economic pinch

Riding the **Recession**

TRACEY TONG
Metro Canada

SERVICES In a recession, there are lots of differences people will notice. But the effect of changing economic times on a city's recycling program is not one of them.

But while residents won't see a change to recycling programs, cities across Canada will notice a difference, said Albert Shamess, director of solid waste services for the City of Ottawa.

"The issue for us and for all cities is the reduction in revenue for recyclables," Shamess said.

Ottawa collects recyclable materials with proceeds to go towards running the recycling program. During a recession, these items go for less money on a worldwide market, Shamess said.

In Toronto, the city's monthly recycling revenue for the sale or curbside materials is about $1 million to date in 2009. In 2007 and 2008, the monthly revenue was roughly $2 million.

Chris Underwood, a solid waste management engineer with the City of Vancouver, said he's also seeing a drop in revenue.

"Based on what I know about the economy, the outlook doesn't look very good for the rest of the year but it's unknown."

Armenia **Calls for an election**

NAZIK ARMENAKIAN/REUTERS

Opposition supporters shout slogans during a rally in central Yerevan yesterday. At least 10,000 anti-government protesters in Armenia yesterday demanded early elections to mark one year since deadly clashes between police and opposition activists in the former Soviet republic.

News in brief

ELECTION Russia's ruling party, facing its first major electoral test amidst the economic crisis, claimed strong support in local elections yesterday, but the opposition complained of cheating.

HEALTH Scientists in Hong Kong and the United States have developed an experimental H5N1 bird flu vaccine for people by piggybacking it on the well-tested and highly successful smallpox vaccine.

VIOLENCE U.S. authorities are fearing that violent crime is beginning to bleed over into the United States from Mexico, where drug cartel abductions and executions are a daily feature of a raging drug war. **REUTERS**

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Comment & Views

Comment

Good manners matter

Keeping up with the latest in proper recession etiquette

HineSight
Anne Hines
metronews.ca/hinesight

Even in these times of financial restraint, there are still some things we don't have to do without. I don't mean having fun or believing the reason corporate CEOs make millions a year is because they know what they're doing. That's all over. What we still have, even when the world is going to hell in a handbag — and definitely not a Prada — is the chance to behave like civilized human beings.

Good manners matter. They're what separate us from the animals. That, and being able to get credit cards. But keeping up on the newest recession etiquette can be a challenge. How many of us lately have lain awake the night before an important dinner party wondering, "Which fork do I provide for the Spam course?" or "Is it rude to use the phrase 'disposable income?'"

Help is at hand. Here's answers to your most commonly asked recession-etiquette questions:

Dear Anne: I'm having dinner with a former wine snob who has fallen on hard times. What should I say?

Answer: *"What interesting wine. 2008 was certainly an excellent year for grapes in Moosanee." Or "It's wonderful how you're trying to conserve cork trees by buying wine in those big plastic jugs."*

Dear Anne: I have a vacation planned at an expensive hotel. Is there some way I can get out of tipping the maid?

A: *Sleep on the floor and shower in the lobby fountain.*

Dear Anne: My fiancé thinks we should scale down the lavish wedding I planned before the economy tanked, but I say, "You only get married once … or two or three times, tops." Is there a way to throw a low-cost reception that will still have our guests talking?

A: *Pass out KFC snack packs in the church parking lot. Believe me, they'll talk.*

Dear Anne: I'm starting my first job and the dress code is "no jeans." I can't afford new clothes. What should I do?

A: *This is your chance to be both creative and a standout. Go through your closet and review what clothes fit this code. For instance, "no jeans" does not mean no leftover prom dress, wet suit or long underwear.*

Having good manners will help us weather this recession with élan. And, what's even better? They're absolutely free.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Bridging the gap in pedestrian transit

InTransit
Chris Phalen
metronews.ca/phalen

If high-end design can uplift Calgary's spectre of architecture, and include measures of transit infrastructure, I am all for it, especially the Santiago Calatarva-commissioned foot bridges to gap the Bow.

You've got to love Coun. Druh Farell, stout and pushing the perceptibly gaudy investment of $25 million to bring these bridges to fruition, even in the midst of a global recession.

But architects agree that thoughtful urban design can improve quality of life, a sure investment with greater returns than the most-obvious functions of design.

It's about the poetics of space, or in this case, the meaning and effects of what a pedestrian bridge represents.

"The bridge is one of the most potent structures man creates," said David Fortin, a local architect now teaching architectural design and history at Montana State University.

"The connection between two things has not just structural implications, but philosophical and poetic ones as well."

Fortin explained pedestrian bridges "stitch the fragments of our cities together in a unique way, by heightening our experience of what it means to 'connect.'"

And while less visionary citizens and leaders will forever be linked more to their bottom lines, philosophies of cost reduction and a focus on simple function, I suspect it's just as important to recognize wealth in daily relationships with our community, including structures.

A sign perhaps that people like it here and, despite the get-rich-quick, get-out-of-town attitude prevalent in our city, people want to stay.

Bringing in a globally renowned architect like Calatrava to design the bridges also sends the right message to the greater Calgary public.

With this investment, council is saying, "we care about Calgary's image as a major international city, and we are ready to move away from the primarily banal personality lingering amidst the urban landscape."

"A couple of fresh and visually compelling additions along the Bow do make sense for the city by contributing to its evolving global identity," said Fortin.

When you think of the greatest cities in the world it is no accident that some are identified by their bridges, but Calgary's proposed pedestrian bridges signify an "urban maturity" and desire to exist in a well-designed city.

A sign perhaps that people like it here and, despite the get-rich-quick, get-out-of-town attitude prevalent in our city, people want to stay.

Chris Phalen has contributed to Avenue magazine, the Prince Albert Daily Herald, the Globe and Mail and various magazines; calgaryletters@metronews.ca.

Worth mentioning

Success story with a twist

HEALTH Cody was dying of lymphoma and would probably not have made it to his eighth birthday had his family not taken him to one of the only hospitals that offers the bone marrow transplant he needed. Two weeks after being admitted, Cody's doctors say the procedure was a success. He is hopefully cancer-free for the rest of his life. It's a success story with a twist — Cody is a Golden Retriever.

Dr. Steven Suter, an assistant professor of oncology at the College of Veterinary Medicine at North Carolina State University, took a well established protocol for humans and applied it to dogs.

Suter says lymphoma is one of the most common cancers in dogs and while chemotherapy will extend a dog's life for a couple of years, in the end 98 per cent of patients succumb to the cancer.

His answer: Cure the dog using the same methods that would be applied to a human with lymphoma.

The procedure involves a leukophoresis machine, a system designed to harvest stem cells from the patient's blood, in conjuction with a drug therapy that helps extract stem cells from bone marrow.

A bone marrow transplant for a dog costs $15,000.

Suter explains that the cost is high because the drugs and protocols used are the same as in humans, but he argues that compared to other options, it may well be the best one.

REUTERS

Metro Online Poll Results

25% SAID YES	Will tougher laws be enough to reduce gang crime? *Weigh in on today's question at metronews.ca*	75% SAID NO

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Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Cost of road salt

EarthTones

Sophia Dore & Andrew Laursen

earthtones.metro@gmail.com

Late winter is a dirty time of year in Canada. The snow is dirty, the roads are dirty and winter coats, boots and especially cars have a white film on them from the road salt.

We have used a lot of it this winter to keep us safe while driving and walking. However, eventually much of the salt we have been dumping on the roads and sidewalks will be washed into waterways. Other salt that is entrained in snowbanks will end up in soil by the sides of roads.

Salt in surface water can cause toxic effects to spawning or hatching fish, and can cause metals to become dissolved in water, which can have further toxic effects. Drinking water quality, whether from surface water or groundwater, can also be impacted. Salt washed into soil doesn't go anywhere and accumulates year after year, destroying soil structure and causing fewer plants to grow in this soil and erosion to increase.

Salt by the side of roads lures animals to these "salt licks," which increases the likelihood that these animals will be hit by a car.

Now, don't get us wrong; de-icing is necessary. A city can shut down for the odd severe snowstorm, but all activities cannot cease when we get a few centimetres of snow. There are, however, de-icing alternatives that should be considered for our roads.

The most commonly used road salt or sodium chloride, which is also the chemical that forms table salt. Alternatives to sodium chloride include magnesium chloride and calcium magnesium acetate. Magnesium chloride could cause less vegetation damage and less solubilization of metals in water than sodium chloride. It works at lower temperatures than rock salt and is commonly used in combination with rock salt when it gets very cold. It is, however, about seven times more expensive than rock salt.

Calcium magnesium acetate has much fewer toxic effects than rock salt and is, to some extent, biodegradable. The calcium and magnesium would remain in soil but the acetate would degrade. Using this alternative would avoid toxicity caused by chloride ions. It could be spread in much the same way as rock salt although because of its particle size, it may be more likely to blow around. It does, however, take longer to melt ice than rock salt does and is roughly 20 times more expensive.

Various de-icing techniques can also reduce salt use. Anti-icing, or the preemptive spreading of salt before a snowfall, can result in the requirement for less salt per unit of road surface. Pre-wetting the salt, i.e., spraying on the roads as a solution rather than as a powder also results in the use of less salt. Sanding is another option, although it comes with its own set of environmental issues, and probably can't be used as the sole de-icer without a severe impact to the way we travel in the winter.

"The use of cheap rock salt is going to have to be drastically reduced and one or more of these more expensive alternatives is going to have to be phased in. We cannot keep trading short-term cost for long-term cost."

When it comes to keeping our roads safe in the winter without doing further harm to the environment the truth must be faced.

We are going to need to pay more for de-icing. The use of cheap rock salt is going to have to be drastically reduced and one or more of these more expensive alternatives is going to have to be phased in. We cannot keep trading short-term cost for long-term cost.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.

News in brief

EMISSIONS The United States should take the lead in reducing carbon emissions to be able to enlist China in the global campaign to curb global warming, an expert told an annual USDA conference Friday. The United States and China, the world's top two emitters of greenhouse gases from burning fossil fuels stoking global warming, have often been icy rivals over trade and security.

WATER Institutional investors are urging companies to measure, disclose and reduce their use of water to reduce long-term financial risks as supplies dry up from overuse and as higher temperatures melt glaciers away.

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EI applications swamp processing centre

Thirty thousand people in Atlantic Canada are waiting for their Employment Insurance claim to be processed; 8,000 of them have already been waiting for longer than the 28-day mandated response time. Applications have been piling up since September as the number of people laid off increases. **CBC NEWS ONLINE**

Business

Merkel wants rules changed

EU rules that determine how much capital banks set aside to cover risk should be changed to make lending to the economy easier, German Chancellor Angela Merkel said yesterday. Critics of the Basel II rules say when a bank's assets become untradeable or fall in value due to plunging stock markets, banks are forced to top up their capital and have less cash for lending to the economy. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

TELEVISION CTV expects to lose around $100 million on its over-the-air TV operations this year, according to documents the broadcaster released on Friday. **METRO NEWS SERVICES**

EU, Asian leaders reject protectionism

GLOBAL CRISIS European and Southeast Asian leaders yesterday rejected protectionism to safeguard their national interests against a global financial crisis, spelling out their blocs' commitments to coordinate policies.

The EU pledge came at a summit intended to bridge differences over how to fight the recession and address fears that some countries could take steps that undermine the commitment to a single market.

The Association of South East Asian Nations, holding a summit on the same day, endorsed fiscal stimulus, monetary easing, and access to credit and trade financing.

REUTERS

Rate cuts near end?

Most dealers expect half-point reduction

The Bank of Canada looks set to deliver a hefty half-point interest rate cut tomorrow that should boost the loonie and bonds, but it may also signal its 15-month rate-cutting campaign is near an end.

The rate reduction is seen as a slam dunk by markets, with two-thirds of primary securities dealers forecasting a half-point easing that would take the interest rate to a record low of 0.5 per cent.

"The bank ... (doesn't) seem to be drinking the same pessimistic Kool-Aid that everybody else is drinking."
Doug Porter, BMO Capital Markets

Regardless of the size of the cut, most dealers see it as the final rate change by the bank in 2009.

"The bank in their statements and comments has not seemed overly geared to cut further and (doesn't) seem to be drinking the same pessimistic Kool-Aid that everybody else is drinking at this point," said Doug Porter, deputy chief economist at BMO Capital Markets.

But given governor Mark Carney's propensity to surprise, forecasters are quite prepared to be wrong.

REUTERS

Russia **Going soft on recession?**

ALEXANDER NATRUSKIN/REUTERS

Women stand along a road as they sell giant soft toys, 120 kilometres east of Moscow yesterday. Unrest across Russia over economic upheaval has been muted, with the biggest protests so far taking place in the Far East port of Vladivostok, where hundreds were arrested in January in demonstrations over a car tax.

Metro launches Moscow edition

MEDIA Today Metro International launches a brand new paper in Moscow, one of the most exciting cities in the world.

The new-look paper will cover the best of what Moscow has to offer, from the latest local news and politics to the hottest sporting talents, travel destinations and reports from the frontline of the Russian capital's fashion scene. It will also publish international news stories from Metro International.

Today's front page of Metro Moscow.

METRO WORLD NEWS

Reprieve for GM, Chrysler: Report

AUTOMOTIVE Canada's industry minister said the government is willing to negotiate an aid deal with General Motors Corp. and Chrysler past an end-of-March deadline, according to a media report.

The article, citing an interview with Industry Minister Tony Clement, said the government has also looked at scenarios in the event one of the companies goes bankrupt.

REUTERS

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Car Insurance Rates Are Increasing – Are YOU Prepared To Pay More?

The average rates in Ontario for car insurance are set to increase in 2009, with some insurance companies getting the approval to increase their rates by over 10%. Are you prepared to pay more?

Given the economic slowdown, how can you ensure that you are not overpaying for car insurance and getting the lowest rate possible for your driving profile?

How To Reduce Your Car Insurance Costs?

First and foremost, the best and easiest way to lower the cost of your car insurance is to shop around.

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. So it pays to shop around. Take a look at the table below.

BUT, where do you start? This is where InsuranceHotline.com can help. InsuranceHotline.com is an independent rate comparison engine that gets quotes from over 30 of the top car insurance companies in Canada, presents you with the lowest 3, and then matches you up with a broker or agent that can set up your policy. The service is Fast, Safe and FREE. So if you are keen to save big on car insurance, why not give InsuranceHotline.com a try?

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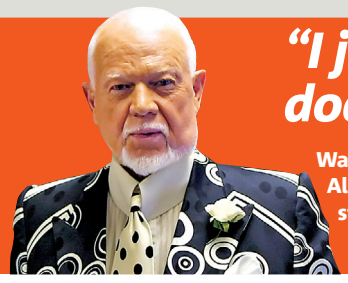
Patriots put faith in Brady's recovery, trade Cassel
Kansas City and New England finalized a major NFL trade on Saturday, a deal that will send quarterback Matt Cassel and linebacker Mike Vrabel to the Chiefs in exchange for a second-round pick in April's draft. **METRO NEWS SERVICES**

Sports



"I just thought he was wrong ... he doesn't know Alex like we know Alex"

Washington Capitals coach Bruce Boudreau on CBC's Don Cherry, left, who criticized Alex Ovechkin Saturday, saying the Caps' star's goal celebrations feature "goofy stuff" and suggesting that he will eventually take a big hit on the ice as a result.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Lightning crash Iggy's party

NHL RESULT

Lightning 8 Flames 6

VS

LAURENCE HEINEN
for Metro Calgary

THE SKINNY: On a night where Jarome Iginla scored twice and added three assists to pass Theoren Fleury to become the Flames' all-time leading scorer, the Lightning won a wild and wide-open affair to end Calgary's winning streak at four games.

IGGY, IGGY, IGGY: Oi, Oi, Oi. The sellout crowd chanted the familiar refrain when it was announced that Iginla passed Fleury. Iginla added his 400th goal in the third period to go with his 434 assists in 922 career games.

THE COMEBACK: Following Iginla's milestone moment in the second period, Vincent Lecavalier, Steven Stamkos and Vaclav Prospal reeled off three goals in a span of three minutes and 30 seconds to give the Lightning a 5-4 lead heading into the final frame. Lecavalier added his 300th career goal in the third period, while Mark Recchi had five assists.

THE HOOK: After Miikka Kiprusoff gave up five goals on 19 shots through two periods, Calgary coach Mike Keenan replaced his starting goalie in net for the third period with Curtis McElhinney, who didn't fare much better with 10 saves on 12 shots.

THE QUOTE: "It would have been a lot better if we came all the way back and won that," Iginla said. "Looking back at it, it's still going to be a good night and I'll appreciate it for sure."

THE STREAKS: When he tipped a shot by Dion Phaneuf past Tampa Bay goalie Mike McKenna in the second period, Craig Conroy broke out of an 18-game goalless drought. With his assist, Phaneuf extended his point-scoring streak to four games.

THE NEXT GAME: The Flames begin a marathon seven-game road trip on Tuesday night (5 p.m. MST, Flames Pay-Per-View, Fan 960) in Ottawa when they face the Senators. The Flames won't play at home again until March 18 due to the Tim Hortons Brier being held at the 'Dome from March 7-15.

TODD KOROL /REUTERS

Calgary Flames forward Jarome Iginla celebrates his goal with teammate Michael Cammalleri during the first period last night.

Two NFL players missing at sea

NFL Detroit Lions defensive end Corey Smith and Oakland Raiders linebacker Marquis Cooper were among four missing boaters off the coast of Florida, the U.S. Coast Guard said yesterday.

Smith and Cooper were on a boat that left Clearwater Pass Saturday for a fishing trip, but did not return as expected.

Ott suspended indefinitely

NHL The National Hockey League yesterday suspended Dallas Stars forward Steve Ott indefinitely, pending a hearing.

Ott was assessed a match penalty for intent-to-injure during an incident with Ducks forward Travis Moen at the end of Anaheim's win on Saturday. **METRO NEWS SERVICES**

Nats GM resigns amid allegations

MLB Washington Nationals senior vice president and general manager Jim Bowden resigned from his position yesterday.

In a statement, Bowden said false allegations in the press compromised his "ability to properly represent the Washington Nationals." SI.com reported last week that Bowden was being looked at by a U.S. federal investigation into skimming signing bonuses of Latin American prospects.

"There have been no charges made, and there has been no indication that parties have found any wrongdoing on my part," Bowden said.

It has been a turbulent stretch for the Nationals, whose 59-102 record in 2008 was the worst in the majors.

METRO NEWS SERVICES

Jones' rink wins second straight Scotties title

CURLING Jennifer Jones has successfully defended her Scotties Tournament of Hearts Canadian women's curling crown.

The Winnipeg skip, who is also the reigning world champion, downed British Columbia's Marla Mallett 8-5 last night in the Scotties final in Victoria.

Jones, who needed to win a tiebreaker just to get into the playoffs, turned the tide in the seventh end, stealing two to grab a 7-4 lead. Mallett, who cruised into the final after winning the round robin with an 8-3 record, never recovered.

It was Jones's third national championship in six appearances, putting her in a four-way tie for second on the all-time list behind Halifax's Colleen Jones, who won six.

ANDY CLARK/REUTERS

Team Canada skip Jennifer Jones reacts to a shot during the final against B.C. of the Canadian women's curling championships.

Jennifer Jones, along with third Cathy Overton-Clapham, second Jill Officer and lead Dawn Askin, will defend their title at the world championship, March 21–29 in South Korea.

METRO NEWS SERVICES

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Opportunity knocks
The 2009 Calgary International Children's Festival, which runs from May 19 to 23, is calling on volunteers of all ages, shapes and sizes. Volunteer at the Tunes Tent, Labyrinth Inflatable Maze, Chalk "Art" Wall, and many more. To view all available positions, visit calgarychildfest.org. METRO NEWS SERVICES

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

'There is definitely a role for you'

RAFAEL BRUSILOW
for Metro Canada

Volunteering is alive and well in Canada and there are more ways to give back than ever before.

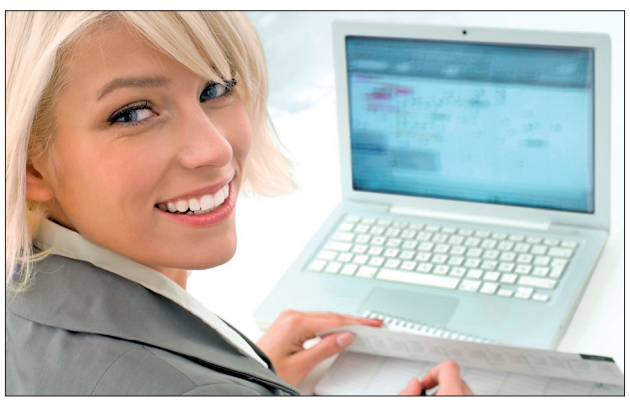
In the most recent report on volunteering in Canada, 12 million Canadians said they volunteered in 2004, or roughly 45 per cent of the population at that time. That number is substantially higher than in 2000, when only 27 per cent of Canadians said they volunteered.

Volunteers across Canada gave two billion work-hours of their time in 2004, the equivalent of one million full-time jobs, with an average contribution of 168 hours each, compared to 1.05 billion work-hours volunteered at an average of 162 hours each in 2000.

Shirley Weir, communications director for Volunteer Vancouver, says the stats show that volunteers abound in Canada.

"Many stories we read give us the impression that there aren't enough volunteers, but there are plenty of people who are passionate about causes and want to give back their career skills and expertise to their community," Weir said.

She says the volunteering world is on the verge of a major paradigm shift that is seeing less focus on using volunteers for menial tasks in an organization and more acceptance of "knowledge philanthropy" — where skilled people donate not only their presence, but their advanced talents as well. While traditional volunteer roles are still needed — stuffing envelopes, canvassing door-to-door, helping with inventory handling — "new volunteers" might be more inclined to create a website for the cause, do an organization's taxes, provide advanced productivity consulting or help craft a budget.



Volunteers don't just stuff envelopes; "New volunteers" might be more inclined to create a website for a cause, for example.

Karen Franco, communications director for Volunteer Calgary, says 71 per cent of Calgarians surveyed in 2005 said they volunteer and an increasing number are offering their knowledge skills to help make a difference.

"There's a trend towards rethinking what volunteering is. If you're an IT or communications expert or a human resources specialist, there is definitely a role for you," Franco said.

Deborah Gardner, executive director of Volunteer Toronto, says at least 500,000 Torontonians volunteered their time last year and the need for knowledge philanthropy was a large part of that number.

"In Toronto we have a deep and rich diversity of skills and, consequently, a great need for them," Gardner said.

Across Canada, volunteers are discovering the satisfaction that comes with making a positive impact in their communities.

"Volunteering comes down to the individual feeling of being connected and giving back to your community. It gives you a strong sense of making a contribution," Gardner said.

Getting started

- **Think deep.** The most common reason people give for volunteering is believing in a cause; find something you care about.
- **Aim for change.** If you want to make the world a better place, decide on what needs to change.
- **Use your brain.** Make a list of what skills you have to offer, such as your talent for organization. That way, you'll know how to make the biggest impact.
- **Walk both ways.** Think about what skills you'd like to practise and develop yourself. Volunteering can be a great opportunity to do something you wouldn't have a chance to do otherwise, like writing.
- **Ask first.** Talk to your chosen organization about its philosophy, goals and, most importantly, what roles it has available for you.

— RAFAEL BRUSILOW /FOR METRO CANADA

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Metro Workology exclusive: Matters of the Heart
Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check Metronews.ca/work for the series.

Workology

Podcasts up grades?

New research from the State University of New York in Fredonia concluded that students who download a podcast lecture earn substantially higher test results than those who attend a large lecture in person.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

From gut feelings to a career

OddJobs

Diane Peters

metronews.ca/oddjobs

Lynda Doyle knew from a young age that she had a sixth sense for things.

Years ago, when Lynda Doyle was young and had recently learned to drive, she came to a red light that just would not change. It was late and there was no one around. She was tempted to drive through, but a gut feeling told her to wait.

Suddenly, a car came flying through the intersection. If she'd ignored the light, it would have hit her. When the light did change, she followed her instincts again and turned. A few minutes later, she came across an accident caused by the car, and was able to help by calling the police and ambulance.

"I've always been able to trust my sixth sense; my gut feeling, I was raised that way," says Doyle, who's now 51.

The London, Ont., native was partially raised by her grandmother, who was considered a seer, and taught Doyle all she knew. But Doyle kept her gift from friends, and had no plans to make it part of her career.

She became a nurse, which she loved, but visions of her patients' futures sometimes barged into her mind. She pushed them aside. She got married and had a daughter, worked as a funeral director and then went back to school to study sociology and criminology.

Gradually, she allowed her intuition to come back into her life. She continued studying — she did a masters in women's studies and spirituality and then a PhD in metaphysics — and starting doing spiritual counselling part time.

Now, 30 years later, she's an ordained spiritualist, Reiki master and medium. She speaks to large groups, runs courses (one's called Psychic 101), and does private sessions either face-to-face, on the phone or via web cam.

Before a private session, Doyle takes 15 minutes to meditate; completely clearing her mind and focusing on her client.

In the session, she'll use tarot cards or a tool called an angel rod, if the clients wants, but she prefers just holding the person's hand and tapping into his or her energy. She starts talking about the person's health, then work, education, finances and personal life. If a client wants a reading on someone who's alive or dead, all Doyle needs is a picture and the person's birthday.

While Doyle loves her work and her clients — some of whom have been seeing her for three decades — it's not easy to get glimpses into what's really going on and the future. As a result, she avoids watching the news and has to cleanse her mind after a reading.

"It doesn't stop on a dime."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Psychic/spiritualist
Salary: $65 to $85 a session
Education/training: Mentoring from another seer, extra study in spiritualism
Best part of the job: "When you look at a person's face and know they have some hope, that you've touched them in some way."
Worst part of the job: "The sad stories. It's a huge responsibility. Many times people don't admit they have a problem."

How to do more at your job with less

LAYOFFS Do you find yourself suddenly being asked to do more with less? Did there used to be someone in the office beside you whose job responsibilities have suddenly become your responsibilities?

Here are some tips:

- **CLARIFY YOUR ROLE AND RESPONSIBILITIES:** This is the first thing you should do. If you are taking on responsibilities that are new to you, it is critical that you spend some time with your manager defining what they are. While it can be tempting to rush over this because there doesn't seem to be time, making assumptions about expectations can slow you down later.
- **ESTABLISH PRIORITIES:** There is a pretty good chance you now have too much on your plate. You will need to look at your tasks and deliverables and start putting them into three categories: Urgent, must do, maybe someday.
- **IDENTIFY WHAT YOU NEED TO LEARN:** If you are taking on things that are new to you, you will have to invest some time and energy into your own learning and development.
- **ASK FOR FEEDBACK:** One item that frequently gets a low score on employee surveys is, "I get timely feedback from my manager." Turn that around. Instead of waiting for feedback, ask for it.

TROY MEDIA CORPORATION

Sidekick in serious condition

Ed McMahon has been hospitalized with pneumonia for nearly a month and is in serious condition. "He's getting great care and he's a fighter," Howard Bragman, a longtime friend to the 85-year-old Tonight Show announcer, told TVGuide.com. TVGUIDE.COM

Entertainment

New direction

Drew Barrymore is apparently in the lineup of potential directors for the third instalment of Stephenie Meyers' teen-blood-lust-romance series, Eclipse.

EMPIREONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

1. **Madea Goes to Jail:** $16.5 million US
2. **Jonas Brothers: The 3-D Concert Experience:** $12.7 million
3. **Slumdog Millionaire:** $12.2 million
4. **Taken:** $10 million
5. **He's Just Not That Into You:** $5.9 million
6. **Paul Blart: Mall Cop:** $5.6 million
7. **Coraline:** $5.3 million
8. **Street Fighter:** $4.7 million
9. **Confessions of a Shopaholic:** $4.5 million
10. **Fired Up:** $3.8 million

REUTERS

A graphic saga

Director brings Watchmen to the big screen

CHRIS ALEXANDER
for Metro Canada

Zack Snyder is no stranger to controversy. The slick, visionary director wet his beak in the medium of music videos before raising universal horror geek ire when he chose, as his first feature, a remake of the epic cult classic zombie film Dawn of the Dead.

But he emerged from that experience relatively unscathed — with his fresh, breathlessly-paced thriller being embraced by both mainstream critics and hardcore genre buffs alike.

Now, after tackling graphic novel greatness with the thundering 300, Snyder is poised to unleash his most high stakes and potentially controversial effort yet: A gigantic — and mostly faithful — rendering of Alan Moore's celebrated anti-superhero allegory The Watchmen.

Opening Friday, it's a picture that at first appears to be another comic book film but is, in reality, light years removed from Spider-Man.

"I didn't want to make a PG-13 version of a superhero movie," says Snyder, "I wanted it to go all the way with violence, sex and fight scenes, in the opposite way than X Men or Fantastic Four would go.

"This is a hard movie on every level, without question, and people who go in to the theatre expecting a film like X-Men are going to get punched in the face."

For more than 20 years, filmmakers of every persuasion have attempted to bring Moore's layered, complex and relentlessly nihilistic story of faded costume heroes and their varying levels of psychosis to the screen. But Snyder has used Moore's revered source material to fully expand his developing sense of visual-based cinema, sculpting some of the most dynamic and potent imagery ever committed to pulp fiction filmmaking in the process.

Director Zack Snyder, left, gives instructions to actor Robert Wisden, who plays Richard Nixon, in Watchmen.

"I love tone and self-reflection," Snyder says about his creative leanings. "That's what I'm all about. Paul Verhoeven's Robocop is one of my favorite movies because you can either interpret it as a movie about a robot policeman who kicks ass or as an anti-technology film about man losing touch with his place in the universe.

"So it's that kind of duel dynamic that I hope I've achieved with Watchmen."

Alexis the intern
Alexis Bledel is set to guest-star on the two-hour series finale of ER. Bledel, who starred in the Sisterhood of the Traveling Pants movies and played daughter Rory for seven seasons on TV cult favorite Gilmore Girls, will scrub in as new intern Dr. Julia Wise. METRO NEWS SERVICES

Fighter lacking in fun

Street Fighter: The Legend of Chun-Li

Director: Andrzej Barkowiak
Stars: Kristin Kreuk, Chris Klein, Neil McDonough
Classification: 14A
Rating:

IAN GORMELY
for Metro Canada

Kristin Kreuk, left, plays a character bent on avenging her kidnapped father.

Twenty years ago when a big blockbuster movie came out, they made half-baked video game adaptations to promote its release.

Oh how the tables have turned. These days half-baked films are spat out to promote the games — Street Fighter: The Legend of Chun-Li, which was conveniently released a week after the unveiling of the latest instalment of the one-on-one fighting game series.

The Legend of Chun-Li is the second film spun off from these games, though it has nothing to do with the 1994 Van Damme fiasco. As the title suggests it provides a back story for the game's long running female character (the one that does the spinning helicopter kick) dropping her into a typical martial arts revenge flick painfully unaware of its convoluted and cliched plot.

As a young girl, Chun-Li witnessed her father's kidnapping by nefarious developer Bison (Neil McDonough) and his henchman Balrog (Michael Clarke Duncan). Fast forward a decade, and Chun Li, now an adult played by Smallville's Kristin Kreuk, receives a mysterious scroll, which leads her to Bangkok. There she meets Gen, Bison's childhood friend, who teaches her martial arts to extract her revenge and stop Bison from redeveloping the Bangkok slums into condos.

No one expects high art from a film based on a video game, but it should at least be fun. And that's The Legend of Chun-Li's downfall. The dud of a script leads to some seriously stiff acting from a talented ensemble. Director Andrzej Bartkowiak (who also directed the Doom adaptation) gets so wrapped up in weighty melodrama that it forgets to let the film and the audience have fun with what's already a fairly preposterous plot.

A film like Street Fighter should focus on fighting and action, but what little it has is uninspired and just boring.

New U2 album soars with critics

ALBUM Irish band U2 releases its 12th studio album on Monday and while reviews are generally glowing, critics argue that lead singer Bono's dual role as rock star and campaigning "saviour" may be meddling with the music.

Bono

An early contender for biggest record of the year before it even goes on sale, No Line On The Horizon has been described as the band's most experimental album since 1991 and possibly its best since then. Rolling Stone magazine awarded it five stars, Mojo magazine four.

The 11 songs tackle familiar themes of love, war, hope, and, perhaps more than ever, being Bono. The U2 frontman has long juggled a dual career of rock superstar and high-profile campaigner.

There are those who feel his mission is beginning to colour everything that U2 does. "It's becoming increasingly difficult to hear U2's music without filtering it through your feelings about the other Bono, that strident, sanctimonious swirl of idealism, agenda and ego," J. Freedom du Lac wrote in the Washington Post. He does, however, say No Line is "at times magnificent." REUTERS

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In brief

COMEBACK No Doubt, the rock band that Gwen Stefani fronted before embarking on her solo career, will make an appearance on the teen-friendly series Gossip Girl on May 11, the group announced on its website.

ARTISTS A sketch obscured by handwriting for five centuries in one of Leonardo da Vinci's notebooks may be a youthful self-portrait, according to Italian experts who "aged" the sketch to compare to confirmed later self-portraits. REUTERS

GlobalStyle
Kenya Hunt
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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/2/09	267	351	- ACCESS	Truth, Duty, Valour		Medium (HDTV) (N)		Gossip Girl (HDTV)		Ghost Whisperer		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV) (N)		Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor (Season Finale) (N)				The Bachelor
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (HDTV)	Just for Laughs (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Heroes "Exposed" (N)		24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM"				News Hour
	246	-	8 CKAL	Law & Order: SVU		The Bachelor (Season Finale) (N)				(10:02) The Bachelor		Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors		Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		Celtic Thunder				Great Performances		
	502	390	15 CBC	CBC News: The National		Miracle on the Hudson		CBC News: The National		CBC News: The National		Miracle
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)		Heroes "Exposed" (N)		Medium
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	24 "Day 7: 6:00PM - 7:00PM; Day 7: 7:00PM - 8:00PM"				News (N)
	297	652	37 WPIX	One Tree Hill (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400	21 TSN	NHL Hockey	SportsCentre		That's Hockey!	SportsCentre	Off the Record	Boxing Friday Night Fights. (HDTV)		
	408	418	27 net	Snowboarding: World Cup		Boys to the Bigs		Hockey Central	Flames Week	Sportsnet Connected		Prime Time
	410	403	30 SCORE	(7:15) WWE Monday Night Raw				(9:15) Score Tonight		WWE Monday Night Raw		
	411	457	44 OLN	Mantracker		Dog: The Family Speaks		Survivorman		Mantracker		Dog: Speaks
	417	406	48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars
family	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small (N)	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Snoop Father	Snoop Father	The Soup (N)	How I Met	Engagement	Engagement	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	How Clean	Kim	Love It or List It		Dollars
	521	560	24 TLC	Jon & Kate	Jon & Kate	Jon & Kate Plus 8 Road		Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate 8
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen		Chef School	Chef School	Challenge		Food Detective
	615	520	26 A&E	Intervention (HDTV) (N)		Paranormal	Paranormal	Paranormal	Paranormal	Intervention "John"		Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Tabatha's Salon Takeover		Project Runway Canada		ET Canada	Matchmaker	Project Runway Canada		Trading Sp
	-	633	34 ENC2	*Absence*	*Keep It in the Family* (1973, Romance-Comedy)			*The Goodbye Girl* ★★★ (1977, Romance-Comedy)				*Loser (2000)*
	520	505	35 DISC	Dirty Jobs		Guinea Pig	Guinea Pig	Daily Planet		Dirty Jobs		Guinea Pig
	620	523	36 BRAVO	Riverdance: Today's Stars (N)		A Bronx Dream		Law & Order		Without a Trace		*Just Looking*
	294	650	40 WPCH	(6) *Out of Time* (2003)		Brother	Seinfeld	Family Guy	Family Guy	*Out of Time* ★★ (2003, Suspense)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Brian Regan
	-	539	42 TCM	(6) *G-Men*	*The Philadelphia Story* (1940, Romance-Comedy) (DVS)				*It Happened One Night* (1934, Romance-Comedy)			
	628	584	43 SPIKE	Scariest Police Shootouts!		Scariest Police Shootouts! 2		Special Forces		CSI: NY (HDTV)		Disorderly
	522	516	45 HIST	Battlefield Mysteries		NCIS		Battle 360		Battlefield Mysteries		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Sarah Connor Chronicles		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) *Apollo 13* ★★★ (1995, Historical Drama)				*Bachelor Party* ★★ (1984, Comedy) Tom Hanks, Tawny Kitaen, Adrian Zmed.				
	619	525	49 TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales	E News	Make or Break	TV Made, Do It	Planet Soap
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.	House Hunters
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Money Talks	Squeeze Play
	526	507	92 VIVA	The West Wing		Truth, Duty, Valour		Mediums	In Dreams	Judging Amy		Commander
	269	350	93 APTN	MYTV	The Mix	Miywayawin	Dancing-Spirit	Nedaa: Your Eye on the Yukon		Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy-Entertain
	571	581	100 MMM	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Where You At	Back In	Party of Five		Don't Forget
	570	580	101 MM	MuchTopTens		MuchTalks	Video on Trial	MuchVibe		So You Think You Can Dance		Dance
	581	566	102 MTV	The Girls of Hedsor Hall		The City	City Live After	MTV Live	MTV News	Making the Band 4		The City

critics' corner

Riverdance: Today's Stars
Young ballet students may dream of dancing with the New York City Ballet. For those studying Irish step dance, however, the ultimate prize is a part in "Riverdance," the high-energy production that debuted in 1994 and took the world by storm. This new documentary catches up with the current cast members of a "Riverdance" touring company in Killarney. 7 PM on BRAVO

Heroes
Acting on a tip from Rebel, Matt and Peter race to Building 26 to rescue Daphne and recover files that will expose the government's plans for those with abilities. An unlikely source helps Claire smuggle Alex out of the city. Sylar begins to have memories about his father in the new episode "Exposed." 8 PM on CICT; 10 PM on KHQ

Rules of Engagement
Russell is the kind of dude's dude whose sense of his own cool is threatened by nothing. And that's the discovery that Audrey parlays into free theater tickets for herself. Elsewhere, Adam and Jennifer take dancing lessons to get ready for their wedding in the new episode "Russell's Secret." 10:31 PM on KREM CHTV

Swift takes decor cues from star pals

Country star Taylor Swift plans to turn her first home into a replica of pals Tim Mcgraw and Faith Hill's Los Angeles pad after living there while shooting scenes for an episode of CSI: Crime Scene Investigation, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Patch-up in progress?

RELATIONSHIP Rihanna and Chris Brown are "definitely together" and focusing on a reconciliation, a source tells People.

The pair, who are currently spending time together at Sean (Diddy) Combs' house on Miami Beach's Star Island, are staying indoors as they hash things out, people.com adds.

"They are definitely together and care a great deal about each other," says a Miami source. "They feel like staying in and working through their issues. So far they have not wanted to go out."

Brown, however, did venture out earlier on his own. On Thursday he hit the water to jet ski with pals. Rihanna and Brown's alleged reconciliation comes nearly three weeks after Brown, 19, allegedly battered the Umbrella singer on Feb. 8.

Learning that his daughter and Chris Brown have reconciled, Rihanna's father says he supports the singer in her decisions, the website adds.

"Whatever road she chooses, I'm behind her," said Ronald Fenty, when reached by telephone on Barbados. Fenty took the reunion in stride Saturday, as he worked selling novelty items on a street corner in downtown Bridgetown.

He says he hasn't spoken to his daughter since earlier last month and only found out about the reconciliation through the media.

"We are a family who stick together even though we are apart," he told People. As for Rihanna, Fenty would only say, "She's a smart girl." When asked what he would tell Brown as a father, the website says he demurred: "I have no comment on Chris Brown."

METRO NEWS SERVICES

Jolie 'depressed' over kids, Pitt

FAMILY Angelina Jolie is "really depressed," femalefirst.co.uk reports.

The actress — who was seen apartment hunting alone in New York recently — has reportedly told partner Brad Pitt she needs some time alone after struggling to cope with the pressures of raising their six young children.

A source said: "Angelina has told Brad she needs her space. She is a fiercely independent person and needs time alone to feel sane and happy.

"Her tendency is to bolt. When she is feeling stressed and overwhelmed she often goes away by herself," the source added.

"Angelina is in a really low place at the moment and she seems really depressed."

"There is a massive tension between her and Brad and they have been fighting."

Friends claim the couple's relationship is in trouble because Jolie, 33, is becoming increasingly unhappy with 45-year-old Pitt's changing attitude, the website adds.

"Brad is beginning to reassert himself. This appears to be freaking her out," an insider reportedly said.

"It won't have helped that in recent months he's been enjoying more nights out with the boys."

METRO NEWS SERVICES

Heigl's hubby asks mom to back off

IN-LAWS Looks like Katherine Heigl's husband has been getting fed up with his mother-in-law's meddling. According to Star magazine, the Grey's Anatomy star's mom, Nancy, has been hounding Heigl's hubby, Josh Kelley. "She often tries to tell (Josh) what to do," a source says of Nancy.

"He's asked her to back off a bit, but she hasn't. So now he just smiles and says nothing."

METRO NEWS SERVICES

Too much political correctness: Clint

OPINION Clint Eastwood is tired of everyone being so politically correct. "We constantly made jokes about different races," Eastwood said about the good old days. "Every friendly clique had a 'Sam the Jew' or 'Jose the Mexican' — but we didn't think anything of it."

METRO NEWS SERVICES

Lohans work on weight

ADVICE Lindsay Lohan's family has begged her to put on weight, femalefirst.co.uk reports.

The Mean Girls actress' mother Dina and 15-year-old sister Ali want the thin star to return to the family home in Long Island so they can make sure she is eating.

"That way Dina and Ali can look after her and stop her skipping meals. It would be the best thing for her," a source said. "We know it's stress behind the weight loss."

But the 22-year-old star — who has reportedly lost nearly 14 pounds from her already-slender frame in the past two months — has reportedly refused to leave Los Angeles without her girlfriend, DJ Samantha Ronson.

The source said: "She won't be away from Sam. She's too insecure." Lohan hasn't even been tempted by junk food bought for her by her worried sister.

The source explained: "For a while, Ali was buying her pizza, fries, chips and all her favourites. But she just sits there, taking a few bites, then picking at the rest. She really isn't fooling anyone."

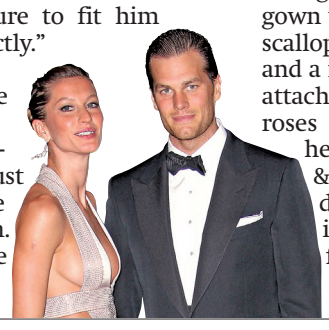
METRO NEWS SERVICES

Brady wedding details out

NUPTIALS Usmagazine.com has new exclusive details of Tom Brady's wedding to Gisele Bundchen. The groom donned a gray two-button peak lapel pure wool suit made by Ermenegildo Zegna, a source confirms to the magazine.

And — because the wedding was kept so tightly under wrap — he didn't special order it, the source adds.

"I think he definitely wore something that he already had because it was such a last-minute thing," the source says. "Every suit that he wears is made-to-measure to fit him perfectly."



The couple wed Thursday just before 6 p.m. at the St. Monica Catholic Church in Santa Monica, Calif.

The bride donned a form-fitting ivory lace strapless gown with a trumpet skirt, scalloped edges, long train and a floor-length veil with attached handmade satin roses and attached satin headband, all by Dolce & Gabbana. Her three dogs also wore matching Dolce & Gabbana floral lace collars.

METRO NEWS SERVICES

Britney to kick off make-or-break tour

CONCERTS The elaborate costumes are packed. The 16 semis filled with magic props and big-top sets are on the road, people.com reports.

When Britney Spears takes the stage at the New Orleans Arena tomorrow — the opening night of her Circus tour — the stakes will never be higher. After more than two years of personal drama, the tour will either make or break the professional comeback she began last fall.

According to sources, Spears, 27, who left Friday for Louisiana, has been hard at work preparing for the show.

"She's pretty determined," a friend tells People. "She missed singing and performing and the freedom of that ... it's what she loves to do, so she's definitely thankful to be doing that again."

"I've got to believe she's ready and will do a professional show," Gary Bongiovanni, editor-in-chief of the concert trade magazine Pollstar, says. "If she doesn't, it's over."

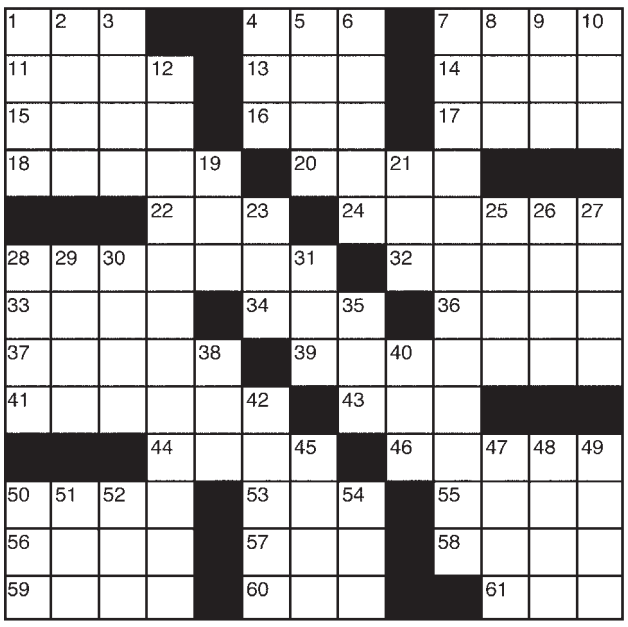
METRO NEWS SERVICES

Today Mostly cloudy. 2 C / -8 C
Tuesday Sprinkles early. 5 C / -5 C
Wednesday Morning clouds. 2 C / -5 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

1 Incorrect
4 "Lost" network
7 Young tulip?
11 Equestrian game
13 Scrooge's cry
14 Black-and-white cookie
15 Basin accessory
16 Blackbird
17 One
18 Pristine
20 Singer Campbell
22 Pinch
24 Completely
28 Used mouthwash
32 Pancake topper
33 Author James
34 Wrigley product
36 "..., oh, where can —?"
37 Support
39 Disarmed a bomb
41 Pago Pago dweller
43 Pale
44 Beehive State
46 Desolate
50 "So be it"
53 Total
55 Squared away
56 Work in the mailroom
57 Get older
58 Carnival attraction
59 Move back and forth
60 Lower limb
61 Buck's mate

Crossword down

1 Oil-cartel acronym
2 Poultry
3 Run away
4 "The — Daba Honeymoon"
5 "Pow!"
6 Tex-Mex entree
7 Seeker of fugitives
8 Spigoted vessel
9 Floral neckwear
10 Automaton, for short
12 Anaheim is there
19 Zero
21 Type measures
23 Dowel
25 Raw rocks
26 Oil paint container
27 Newspaper page
28 Chatters
29 Taj Mahal city
30 Paper quantity
31 Flop
35 Kitten's call
38 Nosh
40 Mis' neighbors
42 Twangy
45 Ginormous
47 Eager
48 Start over
49 Dandling site
50 Donkey
51 Do lawnwork
52 Historic time
54 "Family Guy" daughter

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3			6		4			
5	9						3	2
	1			5		7		
	5		7	6				9
		1				6		
8				4	5		2	
		9		1			8	
1	2						6	4
			5		2			1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

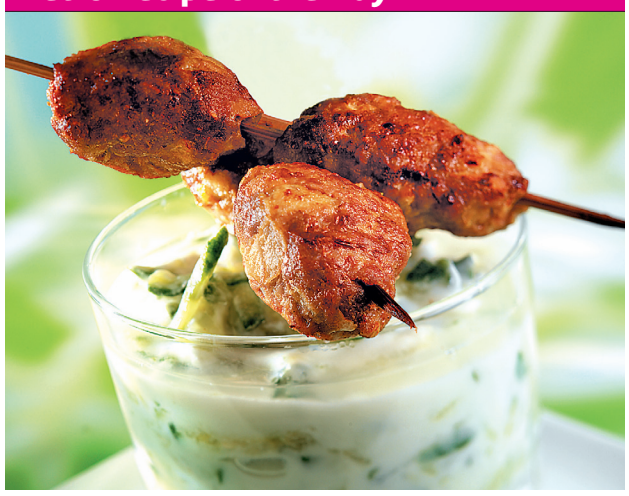
S	I	N	G	S	■	B	B	C	■	E	L	M
K	N	E	E	L	■	O	R	R	■	N	E	O
I	N	T	R	O	■	B	A	Y	O	N	E	T
■	■	I	M	B	I	B	E	■	P	U	R	E
B	I	Z	■	S	O	L	■	H	E	I	S	T
O	R	E	S	■	W	E	B	E	R	■	■	■
B	A	N	A	N	A	■	O	R	A	N	G	E
■	■	■	L	I	N	G	O	■	S	E	A	S
R	E	C	A	P	■	R	E	S	■	T	S	P
A	L	U	M	■	S	E	D	A	N	S	■	■
C	A	B	I	N	E	T	■	H	O	U	S	E
E	T	A	■	A	L	E	■	I	N	K	E	D
D	E	N	■	G	A	L	■	B	E	E	T	S

3	6	8	7	2	9	1	4	5
2	7	4	1	5	6	8	3	9
9	1	5	3	8	4	7	2	6
7	4	2	9	3	5	6	8	1
1	8	9	4	6	7	3	5	2
6	5	3	2	1	8	9	7	4
5	3	6	8	9	2	4	1	7
4	9	1	5	7	3	2	6	8
8	2	7	6	4	1	5	9	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Spiced Lamb Kofta

INGREDIENTS FOR KOFTA:
1 lb (500 g) lean ground lamb
1 onion, finely chopped
1 egg
1/4 tsp (1 ml) ground cumin
1/4 tsp (1 ml) ground cinnamon
salt and freshly ground black pepper
3 tsp (15 ml) olive oil

INGREDIENTS FOR CUCUMBER YOGURT:
2/3 cup (150 ml) Greek-style yogourt
3 tsp (15 ml) olive oil
1/2 cucumber, coarsely grated
1 garlic clove, crushed
salt and freshly ground black pepper

METHOD:
1. Soak eight wooden skewers in cold water 30 minutes. Alternatively, use metal skewers.
2. Mix ground meat, onion, egg and spices in bowl. Add salt and pepper, then bind mixture together either in food processor or by kneading with hands.
3. Divide mixture into sixteen equal portions, then roll into balls. Thread two meatballs onto each skewer, leaving 3/4 in. (2 cm) between them. Lightly brush with oil. Preheat grill or broiler to moderate heat.
4. For dip, blend yogourt with oil. Stir in cucumber, garlic and salt and pepper to season. Mix well and chill until ready to serve.
5. Put skewers on grill or under broiler. If using broiler, ensure that meatballs are about 4-3/4 in. (12 cm) from heat, and watch the skewers carefully when cooking to avoid burning. Cook for about 15 minutes, turning regularly, until golden. Serve with the yogourt dip.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
An anxious person pretends to be heroic. Something in the mail will awaken a fine romance. Do something bizarre for an unfamiliar man.

TAURUS
APRIL 21-MAY 21
Work on developing your strength of spirit. Nothing makes sense when a prize is beyond your reach. Anxiety over a confrontation causes a failure.

GEMINI
MAY 22-JUNE 21
An urgent situation means that stupidity is rampant. A stylish person has a complicated finale. A forecaster has some hidden knowledge.

CANCER
JUNE 22-JULY 22
Watch out for siblings in distress. The meaning of sentimental drivel is revealed. Dedicate yourself to initiating a wise discussion.

LEO
JULY 23-AUG 23
A good-for-nothing visitor's loneliness will fade away. Issues with a mother are about to cause a hurried departure. Take your time to plan strategy.

VIRGO
AUG 24-SEPT 22
Someone is very upset about a shock. Travel delays must be taken into account. Forget about dealing with inconsiderate people.

LIBRA
SEPT 23-OCT 23
A foreigner insists on taking advantage of you. A hot-headed fool will be leaving you alone soon. A woman regrets making a hasty wisecrack.

SCORPIO
OCT 24-NOV 22
An alliance with creative types will increase your income. Someone's distress can be reduced. A voice from the past repairs a broken heart.

SAGITTARIUS
NOV 23-DEC 21
Be amused when faced with a difficult decision. Trust an elder when differences are patched up. A love affair fills you with excitement.

CAPRICORN
DEC 22-JAN 20
Someone is ready to rethink a situation. You'll feel better after persevering with your original plan. Don't clash with a funny man.

AQUARIUS
JAN 21-FEB 18
Grit your teeth when a stingy guy makes you irritable. Date a friend for a chance at love. An insomniac will make you feel guilty.

PISCES
FEB 19-MARCH 20
Don't get flustered when someone celebrates good news. You'll have a disturbing impact by making a decision. A confident speech saves the day.

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